























# DECEMBER 2025

## MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><b>Pickleball</b> <b>7-11 am</b> Gym</div> <div><b>Yoga with Stephanie</b> <b>8:15-9:15 am</b> Group Ex Rm #1</div> <div><b>Chair Yoga</b> w/Stephanie <b>9:45-10:30 am</b> Group Ex Rm #2</div> <div><b>Water Fitness with Jen</b> <b>11 am-Noon</b> Pool</div>	<div><b>Water Fitness with Megan</b> <b>7:45-8:45 am</b> Pool</div> <div><b>Basic Strength and Tone with Stephanie:</b> <b>8:15-9:15 am</b> Group Ex Rm #1</div> <div><b>Forever Fit with Claire</b> <b>10:45-11:45 am</b> Gym</div> <div><b>Water Fitness with Megan</b> <b>11 am-Noon</b> Pool</div>	<div><b>Pickleball</b> <b>7-11 am</b> Gym</div> <div><b>Chair Yoga with Heather</b> <b>8:30-9:15 am</b> Group Ex Rm #2</div> <div><b>Coffee &amp; Connections</b> <b>9-11 am</b> Lobby</div> <div><b>Water Fitness with Jen</b> <b>11 am-Noon</b> Pool</div>
THURSDAY	FRIDAY	NEWS
<div><b>Water Fitness with Megan</b> <b>7:45-8:45 am</b> Pool</div> <div><b>Yoga with Denise</b> <b>10:45-11:45 am</b> Group Ex Rm #1</div> <div><b>Forever Fit with Claire</b> <b>10:45-11:45 am</b> Gym</div> <div><b>Water Fitness with Megan</b> <b>11 am-Noon</b> Pool</div>	<div><b>Pickleball</b> <b>7-11 am</b> Gym</div>	<div></div> <div><b>Wellness Week: Dec 22-26</b> The YMCA will be closed</div>
		SUNDAY
		<div><b>Pickleball</b> <b>10 am-Noon</b> Gym</div> <div><b>SEE BACK FOR SPECIAL EVENTS</b> </div>



★ ★ SPECIAL EVENTS ★ ★

	WEDNESDAYS	THURSDAY DEC 13TH
	Coffee and Connections 9-11 am in the Lobby	Cookies with Santa: ★ Come meet Santa, take photos, and enjoy cookies & cocoa with Family & Friends



PICKLEBALL

Join in the fun and participate in the fastest growing sport in the nation! The game of Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



GROUP EXERCISE

Multiple formats offered to accommodate a wide range of ability levels in class studios. Pick up a group exercise schedule for more detailed descriptions of each class.



WATER FITNESS

Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



COFFEE &  
CONNECTIONS

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



POTLUCK

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community good time!



SPECIAL EVENT

Events that vary each week or month to serve the interest and hobbies of our senior members. Do you have a special event you would like to see the YMCA host? Come to an event and talk to our Senior program leaders.